We are apt to take it for granted that usefulness in the active world is largely a matter of age, and that after threescore years and ten responsibility and labor are no longer to be assumed. The Mary Som ervilles are few to the outer world, but they exist if not universally known. There are numbers of women, however of great age who have wide interests as

good to be alive," and who are interested in the progress of the world, and who keep in touch with youth, advancement and scientific growth. Such a one is Mrs. M. W. Howard o. Lansing, Mich., a relative of William Cul len Bryant.

well as busy hands, who feel that it is

Mrs. Howard has been for years the re cording secretary of the Woman's club of that city, and for five years held the presi dency. She is 93 years old, and still yigorous and active, performing all the du-



tles of her position as secretary with a feryor equal to that of a younger woman. of many young ganduates. Her age is no ary duties, and her letters are scholarly and delightful. In view of her extrem age, her vigor is remarkable, and she should be placed with the more conspicuclub of which she is the secretary owes zation having been carried on since its in-

ident, Mrs. Isabella Rabney. To their the club stands today a unique example of what progressive Michigan women are ac for its many clubs, literary, musical, scientific and social but the pioneer woman's club holds first place for its size, advancement and delightful clubhouse the latter an acquisition of the year 1889. A mem-ber of the federation since 1892, It keeps

in touch with the rest of club life through Mrs. Howard's gifts of health and men movement among women or to the modern habit of Leeping in fouch with live topics body has said that age, in the sense of being old, is merely the cessation of zeal, and women nowadays are likely to escape that unhappy period quite to the end of their

It is a mistake to suppose that the race of good housekeepers, died out with our dames points on housekeeping that would house that is dainty and artistic in all its so universal and were found principally in

which is always in perfect order and perfeetly managed; she has four young chilas well, and, best of all, her husband, himself a professional man of note, is happy and proud of his wife.

Down to the smallest detail her house-

keeping is a perfect system perfectly managed. The mattresses of the beds are all incased in muslin slips, which are laundered with regularity. There are laundry bags in each room for collars and cuffs hangs a bag of 'heavy linen, in which is kept by itself all soiled table napery There are sliken bags for dust cloths in some out of the way corner of tach room and little feather bric-a-brac dusters at hand wherever needed. There are always a whisk broom and hat brush in the hall and large and small brooms and dustpans on each floor. The library and guestroom contain materials for writing a letter, and in the latter from is also a well appointed executive bousekeeper. - New York Her-

School of Journalism For Women. The steps toward editorship are usually -not invariably, but usually-those of gradual ascent. The editor must serve an apprenticeship and learn the secrets of her profession little by little. The most convenient and upon the whole the most approved school for journalism is afforded by the saily and weekly press. A bright, wide awake girl, fresh from her four years at college, modestly enters the office of a first round of the ladder when she undertakes her en liest assignment as a reporter. At this stage of her career the novice must

POOR DICESTION leads to nervousness, chronic dyspepsia and great misery. The best remedy is HOOD'S SARSAPARILLA.



able experiences. She goes where she is purpose. Unpin the bands and until the learns concentration, swiftness and con- then the baby, especially a delicate or densation. With perfect amiability she pervous child, will sleep quite as long as submits to taking the elisions and addi- one wishes. Some mothers completely tions of her superior's blue penell. Her undress the little one, putting on its nightgreatest gain was made when in the spirit clothes, and they find it greatly to their of the soldier she accepted the fact that advantage to do so.—New York Ledger. ism For Women - A Sermon on the Care | she had a superior in office and that obedience was a necessity of the case. Undisspilited natures are predestined to failure. The girl learns to subordinate her personal wishes to the imperious demands of her paper. Whatever she does she does with

> By degrees she is intrusted more and your body untouched. It is little better more with important engagements, on the to stand in front of a basin and spatter principle, old as human nature that to him that hath shall be given. If she is You must cleanse every part of your skin ene of the staff of a suburban paper or has the rare good fortune to belong to that of discomfort in bathing-cold water in a of a literary, household or religious periodical, she may be permitted to specialize. She reviews books; she is responsible for the social column; she writes idramatic criticism; bit by bit she arrives at the leasant eminence of the home of the children's or the woman's department. Her her abilities and talents have a chance for development; her individuality tells; she enjoys the distinction of editing, apart from the agreeable zest of contributi and the comparative drudgery of reporting to order. She has much responsibility, much toil, but also a delightful sense of to rub yourself against. Keep up this power. Her chance has come.-Mrs.

A Sermon on the Care of Food. rom the market. If meat is sent home The butcher's brown paper, however, is Times-Democrat.

Sangster in Forum.

better taken off at once, and a plate or porcelain lid put over the meat. Vegetables should be carefully washed before being placed in the icebox, and un des and pears, should be washed and fried. This takes no more time, done romptly, than later and tends to lessen the labor of keeping the leebox clean. The average servant regards the leebox as an excellent receptacle for all material not in amediate are and enjoys stelling it in discriminately. Muddy vegetable tops next a jar of butter is not, to her think ing, unsuitable propinquity. seen the larger leaves. Wash it all thor-

they were all together again, in the center? a peddler's pack, and place it on the ice. When time for serving arrives, though it will be clean, crisp and perfectly dry process sure to bruise the tender leaves loth and keep on the ice. At mealti lean, dry and crisp.

The little leaks in the household expenses, says The Jenness Miller Monthly are the most mischlevous. The big one your tradespeople implicitly. You can't for buyers. afford to do so. The head servants in the Vanderbilt and Astor and other wealth families have among their chief duties that of weighing the household supplied Dry goods measurements in the large hops are generally very accurate because he employees are under strict orders to be exact. But grocers and butchers will bear en priestess a set of measures and some scales, and after you and she have learned such you have been paying for that you haven't had. Even in the most reliable shops-so called-the weighing is very lax. Butchers claim that the deficiencies in their weights are all due to the waste in intrimmed. You will get fresher meas

and what youstrim off will often give you nice bits for the stock pot, suet, etc. Try Scouring, Cleaning, Dyeing and Repairing A quick witted housekeeper says she has buying a force cup and learning to handle a wrench. Despite washing soda and po the pipe. All the more modern plumbing pan beneath this and with a wrench loosthere. Sometimes the force cup applied

over the strainer in the sink will be sufficient to clear the pipe without taking the cap off the goose neck. If both fail, no other succeeds often enough to make it worth while to exercise one's ingenuity a

There are two or three fine points in the management of a baby that young mothers do not realize, but the knowledge of them would save a great deal of trouble and be of advantage both to mother and

When a baby is put down for its usual

pap in the daytime, it sleeps for about so ong and then gets restless. If one can lift the child very carefully, have some one shake the pillows up and rearrange them comfortably, then lay the little one down on the other side in an easy position, it is continue for an hour or so longer, but if the child is allowed to nestle about, if it are probably few working housekeepers gets uncomfortable in its clothes, the pilamong the new women, but in their ranks lows bother it, and it will wake up as If the baby wakens fretful and out of sorts, it is either sick or hasn't had its nap out. There is another thing that few people seem to realize, and that is arranging the child's clothes with a view to ease and giving it plenty of room. We all know that if we lie down in the daytime in our usual wearing apparel we will not sleep half as long as when our clothes are loosened. Indeed nervous people sometimes find it impossible to go to sleep with the clothing in the ordinary fashion. It is a good idea to take the little one's shoes off, sometimes the stockings, and in newspaper and sets her feet firmly on the | cold weather to wrap a warm cloth around the feet. Canton flamed is one of the very best retainers of warmth that can be

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True Elixir of Youth. The following is very much to the point: Ninety-nine people out of a hundred never think about their skin, though the health of all their internal organs depends upon its condition. It is no use washing your face and hands and leaving the rest of yourself from head to foot with water. thoroughly once a day. I am no advocate cold room and all such nonsense. Have the room warm, and the water only a few degrees cooler. Stay in the bath five minutes, keeping yourself either under water or pouring wet all the time. But it is after you leave the tub that the really important part of the bath begins. Dry yourself thoroughly with two towels;

then take a stiff fleshbrush and try with all your might to rub your skin off. A cocoanut fiber brush is the best, and to get at your back it is a good plan to have a cocoanut fiber mat hung against the wall friction for at least ten minutes. You could not invest the same amount of time more usefully. There is no such remedy for a feverish habit as this, nothing like f A housekeeper who has the milk steril- to relieve the internal organs from undue zed and the water boiled for the use of heat and congestion of blood, and to free for family looks upon herself as a model the lungs from oppression. Moreover, f wisdom and precaution. So she is that actually increases the size of the muscle far. But more is needed. All food should, and makes them firmer by causing the be carefully looked after when it arrives blood to circulate more vigorously in them. As to its effect upon the elasticity and ell wrapped in paraffine paper, as it beauty of the skin itself, that will be obhould be, let it remain so protected in the vious enough at a glance. It is the brush, cebox. When it is to be used, the outside, not the toilet bottle, that furnishes the ayer of paper may be prefed or wiped off. only true bloom of youth .- New Orleans



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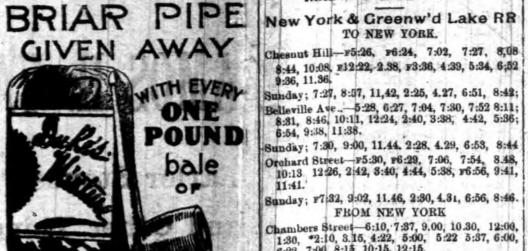
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PRESS AND PEOPLE parted Journalism and "the Right to

Privacy" Continued. other" defined critics to be men alism had failed in literature and art, to est, censors are often those whom shine rese has had reason to take at graded value than they put on them to the I know of no newspaper The or not often in error, but I the new of very few which are not form the actions to repair error when called partors, their attention. Some of the of the cost secomplished merchants are the the gos

et bigots of sectarianism. Some different of the most skillful physicians are the more to owest Bourbons in medicine, re pressed or partisanship. Liberality part of the press toward religion, or the healing art ense these souls, little in their ity and intense in their little The very essence of purity. and liberty under government. under popular government, publicity of it. Of old the cry "How shall they hear without a " Now the question is per ?" The newspaper dis-

the functions once delegated although altar, the church door, the place, the city gates and the when the senatorial right of consent its opponents senstorial preor depleted according to how tter is looked at by about forty y unelected assistant presidents jurisdict e various states. One of the ints of an endeavor to overthrow Pope Ch shuse, to level this pretension to which are piece of law, was a foud that ested in the assessination of a magistrate by an incensed adnt to the spoils eystem which has

roots in the privacy or secrecy of erament by an unreported oligarchy short pa he senate of the United States. very endeavor, of the press to get at proceedings in executive session confirmations or rejections of nomtions has been in the public interand has met with the public apal. The blow at the assumption the right to privacy or secrecy in ernment is one which the press of country is vigorously striking. a blow for the people, and for redet. He foresaw the things that re to be, and foresay to the board then who said he would rather ive in a country with newspapers and fithout law than in a country with law but without newspapers. The press is the opponent of the evils of privacy in government at Washing ton, in Albany and in every state

Secrecy or privacy in a department frequent outrage on the innocent. It is possible in this state to get a divorce without cause by perjury. Not long ago the court of one of the lucality were astounded to learn that hundreds of divorces had been promulgated in their name, without any about it, and without the judges themselves ever knowing anything about it. A syndicate of scoundrels had forged the seal of the cours and the signatures of the judges and the court and county clerks. Thousand ands of children more ineffaceably branded. The press exposure of the crime stopped it there; but the was no punishment of the acoundry because they escaped. Secret judications of jasties at law shot not be telerated. Collusion, consp. sey, perjury, false personation the exquisite injury of innocence too easy and too frequent.

The excessive personalism press is something its best work would reduce or turn into channels, but its readers affect journalists as much as journ journalism. Prescribs for the reand you will sore the nemap-People are intensely inten-Things are increased in aftraction the personal equation can be